

<i>Time</i>	<i>Course Name</i>	<i>Course Number</i>	<i>Course Code</i>	<i>Location</i>	<i>Instructor</i>
Monday / Wednesday Courses					
8-8:50AM	Women's Strength	PHED BC 1589.01	08425	BFC	G. Padilla
9-9:50AM	Personal Fitness	PHED BC 1102.01	06430	BFC	G. Padilla
9-9:50AM	Beginning Yoga	PHED BC 1693.01	07764	Studio 2	L. Northrop
10-10:50AM	Beginning Yoga	PHED BC 1693.02	07762	Studio 2	L. Northrop
11-11:50AM	Core Strength	PHED BC 1532.01	09440	Studio 2	K. Thompson
3:10-4PM	Body Sculpting	PHED BC 1581.01	04252	Studio 2	L. Masone
4:10-5PM	Cardio/Body Sculpt	PHED BC 1591.01	07079	Studio 2	L. Masone
Tuesday / Thursday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.03	08333	Studio 2	L. Northrop
10-10:50AM	Group Fitness Sampler	PHED BC 1500.01	01512	Studio 2	L. Northrop
1:10-2PM	Qigong	PHED BC 1692.01	09335	Studio 2	G. Padilla
2:10-3PM	Beginning Self-Defense	PHED BC 1690.01	04591	Studio 2	G. Padilla
3:10-4PM	Karate	PHED BC 1680.01	03662	Studio 2	E. Bernstein
4:10-5PM	Tai Chi	PHED BC 1691.01	05877	Studio 2	S. Shulman
Campus Conditioning					
Tues 8AM (plus 1 additional hour TBD)		PHED BC 1510.01	09898	BFC	L. Masone
Thurs 8AM (plus 1 additional hour TBD)		PHED BC 1510.02	00633	BFC	L. Masone
Hybrid course including instructional group training and self-paced individual workouts using multiple locations on campus. All areas of physical fitness are included: cardio, core, muscular endurance, and flexibility. Requires self-motivation and focus.					

Please visit pe.barnard.edu for course descriptions and information.